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ABSTRACT

This unit, one in a series of packets of teacher and student materials for cooperative occupational education (COE) designed for special needs students, is intended to help students examine and develop their values regarding personal relationships with family, friends, marriage partners, and children of their own. The instructor material includes the following items: unit objectives, specific objectives, suggested activities, an outline of information given in the student instructional materials, transparency masters, a key to the unit review, and references. The student material contains objectives, an introduction, information sheets, assignment sheets (with activities such as matching, quizzes, and puzzles), and a unit review. Student materials and transparency masters are illustrated with line drawings. (KC)

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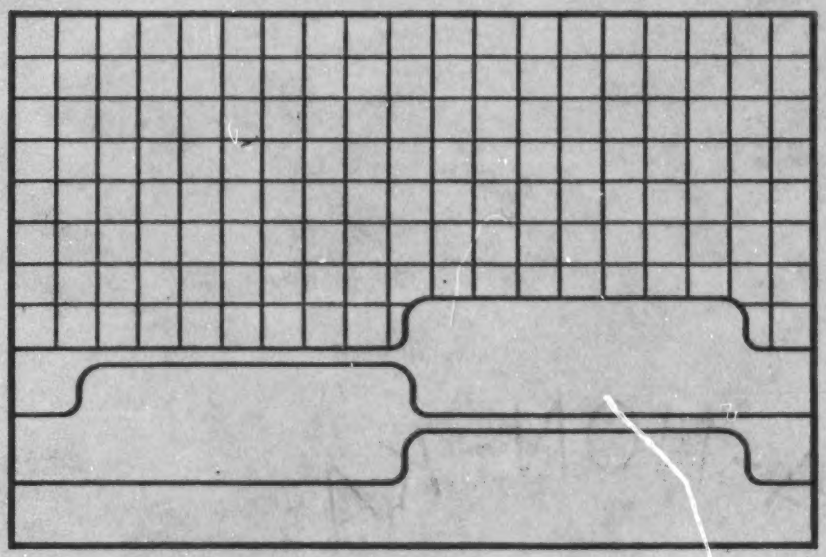
Cooperative Occupational Education

Instructor Material

and Student Material

Unit 16
Managing Personal Relationships



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INSTRUCTOR

COURSE TITLE - COOPERATIVE OCCUPATIONAL EDUCATION

SECTION E - MANAGING YOUR PERSONAL LIFE

UNIT - 16: **MANAGING PERSONAL RELATIONSHIPS**

UNIT OBJECTIVES

This unit helps students examine and develop their values regarding personal relationships with family, friends, marriage partners, and children of their own.

SPECIFIC OBJECTIVES

1. Identify true statements about family relationships.
2. List three advantages of moving away from your family home after school.
3. List three advantages of staying in your family home after school.
4. Distinguish true statements about friendship from false ones.
5. Identify the most important things to do before getting married.
6. Explain the responsibilites involved in having a child.

NOTES TO THE TEACHER

Since this unit is based on a values clarification approach, it would be helpful to read the introduction to Values Clarification, A Handbook of Practical Strategies for Teachers and Students, by Simon, Howe, and Kirschenbaum, Hart Publishing Co., Inc., N.Y., 1972. If this is not possible, here are a few pointers. Values clarification is a method of helping students examine and identify their own values in a classroom atmosphere of mutual trust and respect. Students must not have to fear ridicule as they state their beliefs. The teacher's role is to help the class learn to listen and exchange ideas without criticism. Teachers should avoid moralizing, being judgmental, and trying to impose their own values on students. But they must also avoid a laissez-faire attitude, as if any value is as good as any other. Instead, the ideal is to demonstrate a willingness to consider alternative values, to publicly assert one's own values, and to help students do the same. This role of guiding students through values development requires a teacher who is able to listen well, to encourage students to explore value issues, and to be open to students' ideas. Students must be helped to consider the consequences of values alternatives and to look honestly at whether their actions match their stated beliefs.

SUGGESTED ACTIVITIES

I. Instructor

A. Prepare transparencies.

B. Discuss objectives.

C. Discuss Information Topics (IT 16-1, IT 16-2, IT 16-3, IT 16-4).

D. Review Assignment Sheets (AS 16-1, AS 16-2, AS 16-3, AS 16-4).

E. Administer and evaluate unit review.

F. Optional activities

1. Invite a speaker from an agency that deals with family counseling, marriage counseling, or family planning to expand on whatever area students found most interesting.

2. Use more values clarification strategies if class has enjoyed the ones in this unit. Use Values Clarification, A Handbook of Practical strategies for Teachers and Students, by Simon, Howe and Kirschenbaum, 1972, for suggested activities.

II. Student

A. Read and discuss unit objectives.

B. Read and discuss Information Topics.

C. Complete and review Assignment Sheets.

D. Complete unit review.

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objective Sheet

B. Information Topic Sheets

1. IT 16-1: What You Should Know About: Your Relationship with Your Family

2. IT 16-2: What You Should Know About: Friendships

3. IT 16-3: What You Should Know About: Marriage Partners

4. IT 16-4: What You Should Know About: Having a Family of Your Own

C. Assignment Sheets and Key

1. AS 16-1: What You Have Learned About: Your Relationship with Your Family

2. AS 16-2: What You Have Learned About: Friendships

3. AS 16-3: What You Have Learned About: Marriage Partners

4 AS 16-4: What You Have Learned About: Having a Family of Your Own

D. Transparency Master

1. TM 16-1: Are These Good Reasons for Getting Married?

E. Unit review and key

II. References

A. Kimbrell, G. and B. S. Vineyard. Succeeding in the World of Work. Bloomington, IL: McKnight Publshing Co., 1981.

B. Simon, S., L. W. Howe, and H. Kirschenbaum. Values Clarification: A Handbook of Practical Strategies for Teachers and Students. New York: Hart Publishing Co., Inc., 1972.

MANAGING PERSONAL RELATIONSHIPS

UNIT 16

I. Your Relationship With Your Family (IT 16-1) (AS 16-1)

A. This relationship lasts throughout one's life but changes in stages.

1. During childhood there is great dependency on family.

2. Growing independence during adolescence can be difficult for both parents and teenagers.

3. One's relationship with family often improves as one gets older.

B. Moving away from home often occurs when one finishes school

1. Advantages

a. More freedom

b. More privacy

c. Helps one feel more adult

2. Disadvantages

a. More responsibilities

b. More expensive

c. More household chores

C. Some people don't move out of their family home.

1. The family may need them.

2. They may be content there.

3. This choice is o.k.

II. Friendships (IT 16-2) (AS 16-2)

A. Friends are very important in adulthood.

1. Parents fill fewer needs and friends become more significant.

2. For people who move away from their hometowns, making friends is vital.

3. Friends are needed for help, advice, and support.

4. Friends provide opportunities for companionship and recreation.

B. Friends must be chosen carefully.

1. Know what to look for in a friend.

2. Friends can have either a good or a bad effect on one.

3. One is often judged by one's friends.

C. One must know how to actively be a friend in order to make friends.

1. Have something to offer others.

2. Find ways to be friendly and to show friendship.

III. Marriage Partners (IT 16-3) (AS 16-3) (TM 16-1)

A. Marriage is optional but many choose it.

B. More than just love is needed to make it work.

1. Both partners must be mature enough.

2. Both must be ready to stop dating others.

3. Know what qualities to look for in a marriage partner.

C. Marrying for the wrong reasons or if one is not ready can bring unhappy consequences for both partners.

IV. Having a Family of Your Own (IT 16-4) (AS 16-4)

A. Having children assumes more responsibilities than any of the previous relationships.

1. One must be earning enough money.

2. One must be mature enough to be able to raise children well.

3. One must be ready to give up some personal freedom.

B. Sharing in childcare is good for both parents.

1. Both parents deserve to experience the joy of caring for their child.

2. There is less work to childcare when both parents share it.

3. The child benefits from the input of each parent.

MANAGING PERSONAL RELATIONSHIPS

UNIT 16

KEY TO UNIT REVIEW

A.
1. should be left blank but could be marked false
2. T
3. T
4. should be left blank but could be marked false
5. T

B. Answers will vary

C. Answers will vary

D.
1. T
2. F
3. T
4. T
5. F

E. Check (x) before:
1.
2. x
3.
4.
5. x
6. x

F. Answers will vary

Are These Good Reasons for Getting Married?

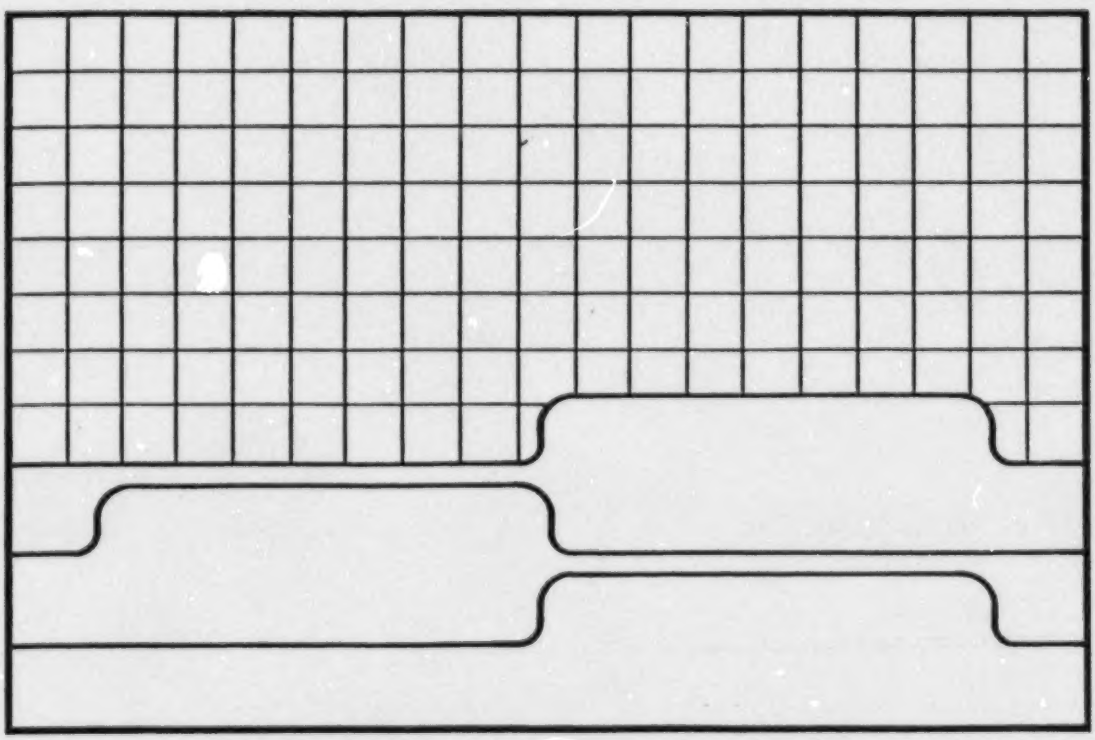
Some of these are good reasons and some are bad reasons.

Which are the good reasons?
Which are the bad reasons?

1. "I'm at the age that everyone is supposed to get married."
2. "I feel ready to settle down with just one person."
3. "My friends are all married."
4. "I want to get away from home."
5. "I have found the right person and we are in love!"
6. "Marriage will make me grow up."
7. "I am ready for a life and family of my own."
8. "I want to have a baby!"

Cooperative Occupational Education
student material

Unit 16
Managing Personal Relationships



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Managing Personal Relationships

After completing this unit, you will be able:

- Identify statements about family relationships.
- List three advantages of moving away from your family home when you finish school.
- List three advantages of staying in your family home after you finish school.
- Pick true statements about friendship from false ones.
- Select the most important things to do before getting married.
- Explain responsibilities involved in having a child.

Introduction

What will you do when you finish school and get a job? This unit will look at some of the different possibilities you will have and help you to decide which choices are the best for you.

What You Should Know About
Your Relationship with Your Family

Your relationship with your family is very important. You depended on your family for almost everything when you were a child. As you get older you depend less on your family and more on yourself.

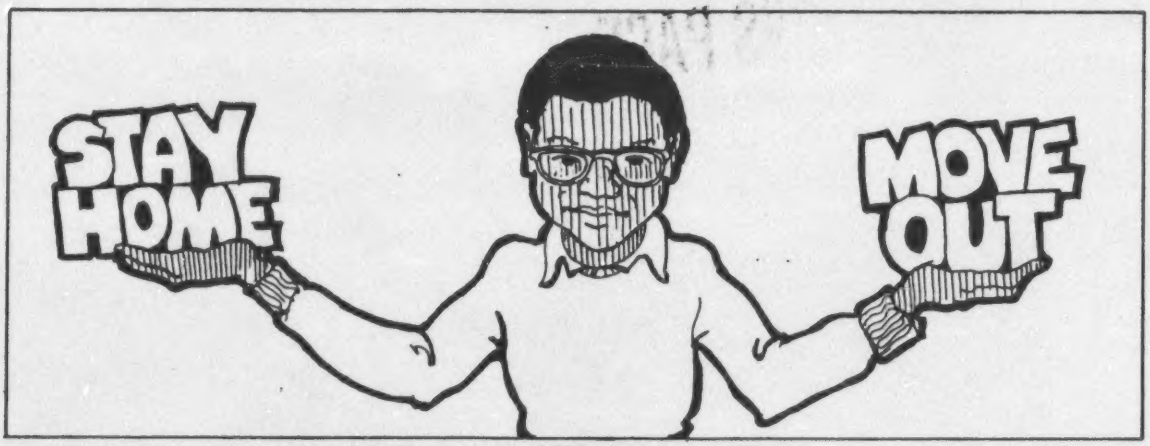
This change means you are becoming independent and moving toward being an adult. But it can be a difficult change to go through. Many teenagers find it hard to be part child and part adult.

Parents also find it hard to give independence to their teenagers. They don't want their children to make mistakes or get hurt because of the freedom they are given.

16-2

You must try your best to get along with your family in the difficult teenage years. Your relationship with family means a lot, and will last the rest of your life. It will change and probably get better as you get older.

Many young adults move out of their family home when they finish school. It may help them feel more grown up. Others stay at home because they are needed, or because they are happy there.



Both choices are good ones. When you finish school, you will need to make this choice too. To decide, you must think about how good your relationship is with your family. You must also think about the advantages and disadvantages of living on your own.

What You Have Learned About **Your Relationship with Your Family**

A. To get a look at how good your relationship is now with your family, try this exercise.

If the statement is definitely true for you, circle the 5.
If the statement is mostly true for you, circle the 4.
If you are unsure about the statement, circle the 3.
If the statement is mostly false for you, circle the 2.
If the statement is definitely false for you, circle the 1.

	DEFINITELY TRUE	MOSTLY TRUE	UNSURE	MOSTLY FALSE	DEFINITELY FALSE
I can talk to my parents about my problems.	5	4	3	2	1
Spending time at home with my family can be as nice as going out with my friends.	5	4	3	2	1
I care what my family thinks of me.	5	4	3	2	1
My family and I do not fight with each other.	5	4	3	2	1
I do my fair share of chores at home.	5	4	3	2	1
Holidays with my family mean a lot to me.	5	4	3	2	1
I would give up something I had planned if my family needed me.	5	4	3	2	1
The advice I get from my parents is good for me.	5	4	3	2	1
I have enough privacy at home.	5	4	3	2	1
My family respects me.	5	4	3	2	1
I enjoy being together with my family for meals.	5	4	3	2	1
I get more from my family than I give.	5	4	3	2	1
My family helps me when I have problems.	5	4	3	2	1
I enjoy family trips.	5	4	3	2	1
I feel close to my parents.	5	4	3	2	1

How many 5's did you circle? ____
How many 4's did you circle? ____
How many 3's did you circle? ____
How many 2's did you circle? ____
How many 1's did you circle? ____

If most of your answers were 5's and 4's you have a pretty good relationship with your family. If most answers were 2's or 1's your relationship with your family may not be as good as you wish.

Look at the statements that you answered with a 1 or 2. What could you do to make your relationship with your family better than it is now?

_____

_____

B. Next, look at a list of advantages and disadvantages of living on your own.

ADVANTAGES	DISADVANTAGES
___ You have more freedom	___ It's more expensive
___ You have more privacy	___ It may be lonesome
___ You can have friends in when you want	___ No more use of the family car
___ You can choose your own bedtime	___ Bills, insurance, taxes are your responsibility
___ You can decorate the way you like	___ Repairs & maintenance are your responsibility
___ You feel more like an adult	___ Cooking is your responsibility
___ You can eat what you like	___ House cleaning is your responsibility
___ You can visit family just when you want	___ Grocery shopping is your responsibility
___ You can do chores when you want	___ Laundry is your responsibility
___ You can go out whenever you want	___ Your place may not be as nice as your family's home

Check the reasons in the Advantages list that are the most important to you for wanting to live on your own. How many did
_____ you check?

Now check the disadvantages that you would dislike the most
_____ about living on your own. How many did you check?

Did you check more reasons for living on your own or more reasons against it? _____

Explain what you plan to do about living at home or on your own when you get out of school, and give your reasons.

_____

_____

_____

_____

_____

What You Should Know About **Friendships**

When you finish school and move away from your family home, friends become more important than ever. Many people depend more on friends than on family when they are adults.

If you move away from the town where your family lives, you will be even more dependent on good friends for help, advice, and for having fun.

Your family may have a say in your choice of friends when you live at home. But when you are on your own you will have to know how to choose friends who are good for you.

The kind of friends you have shows what kind of person you are, so pick friends carefully. They can be a great help to you or they can bring you problems.

16-6

It is also important that you know how to be a friend. The way to make friends is to be friendly! Have something to offer to others. If your neighbor is shoveling snow from the walks, go help out. If a friend needs a babysitter, offer to do it. If someone needs to talk over a problem, listen and support that person.

The more ways you can show friendship, the more friends you will have.

AS 16-2

What You Have Learned About **Friendships**

A. Some reasons for having friends are shown below. Put a 1 beside the reason that is most important to you. Put a 2 beside the second most important, a 3 beside the third. Continue until you have numbered the reasons 1 to 6 to show the order in which they are important to you.

____ Friends can help you when you need it.
____ Friends can give you advice that may be useful.
____ Free time is more fun with friends.
____ Having friends makes you feel worthwhile.
____ Friends may lead to marriage partners.
____ Friends can listen when you need to talk.

Explain why your friends are important to you.

_____

_____

_____

B. Here is another exercise to help you think about your ideas of friendship. Each sentence below has three possible endings. Put a 1 beside your first choice of endings. Put a 2 beside your second choice. Put a 3 beside your third choice, etc. Be sure to number all the choices.

I enjoy being with friends most
____ when we are playing a sport or game.
____ when we are sitting and talking.
____ when we are watching a movie or TV together.

Which kind of friend would you like best?
____ one who tells great jokes
____ one who helps me with my homework
____ one who pays for everything when we are out

I would end my friendship with someone
____ who always put me down.
____ who always borrowed money from me.
____ who got interested in the person I was dating.

If I had a big problem I would like a friend to
____ listen to me and be understanding.
____ cheer me up and get my mind off the problem.
____ give me advice on how to handle the problem.

I like friends who are
___ older than I am.
___ younger than I am.
___ the same age as I am.

If you had two hours to spend with a friend, which would you like to do?
___ go for a drive in a car
___ go for a walk
___ go to a movie

I appreciate friends who
___ praise me.
___ take me seriously.
___ are popular but still accept me.

I would hate for a friend of mine to
___ drink too much.
___ swear a lot.
___ shoplift.

If you had bought a nice gift for a friend and s/he didn't like it, what would you want her/him to do?
___ keep the gift and thank you politely
___ tell you that s/he didn't like it
___ return it to the store without telling you

Which would you like a friend to do for you on your birthday?
___ give you a gift s/he had made
___ buy you a gift
___ take you out to eat

C. Now think about what kind of a friend YOU are to others. Check the things you often do to show friendship:

_____ help your friend with work
_____ invite your friend to do something with you
_____ listen to your friend's problems
_____ give your friend a gift
_____ make your friend laugh
_____ give advice to your friend
_____ write to a friend who lives far away
_____ go shopping with a friend
_____ praise your friend
_____ share your secrets with a friend
_____ play sports or games with a friend
_____ visit or spend time at your friend's home

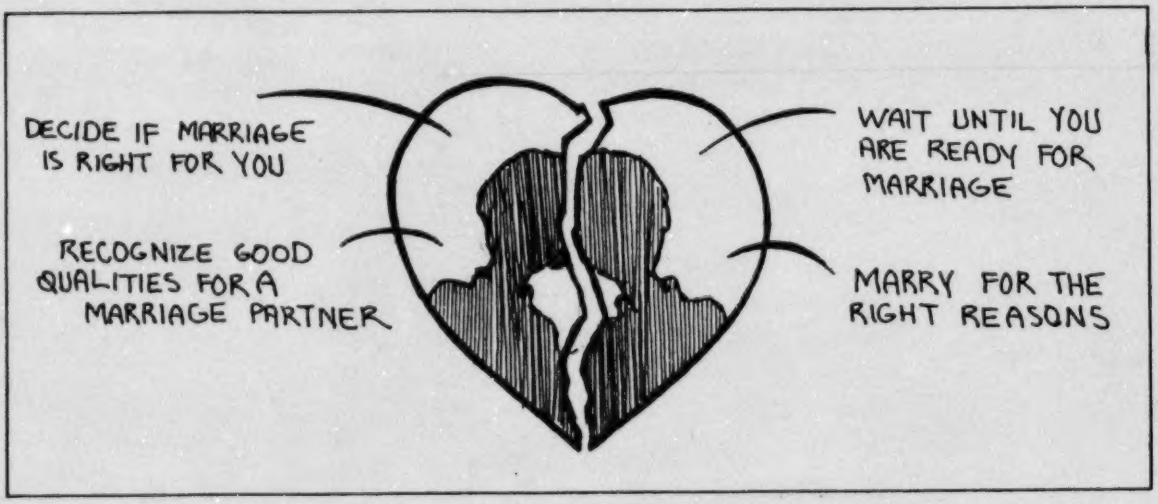
What You Should Know About **Marriage Partners**

Knowing what to look for in a friend helps you know what to look for in a marriage partner. Everyone has family and friends, but not everyone gets married. It's a choice that is yours.

Some people are happy just with family and friends. Others fall in love with a special person and want to settle down with that person. But more than just love is needed to make a marriage last.

Both you and your partner must be grown up enough to give and take. You must be ready to stop dating others. You must know what you are looking for in a marriage partner. And you must be able to tell if both you and the person you want to marry have the good qualities that will keep you in love with each other.

Do not rush into marriage. Do not get married for the wrong reasons. If you do, your marriage may not last. You will be unhappy and so will your partner if your marriage breaks up.


DECIDE IF MARRIAGE IS RIGHT FOR YOU
RECOGNIZE GOOD QUALITIES FOR A MARRIAGE PARTNER
WAIT UNTIL YOU ARE READY FOR MARRIAGE
MARRY FOR THE RIGHT REASONS

So it is important that you:

- decide if marriage is for you
- wait until you are ready
- know what to look for in a partner
- marry for the right reasons

What You Have Learned About **Marriage Partners**

A. It is very important to think hard about what the good qualities are in a person that you would like to marry. Which of the following do you feel is the most important to look for in a marriage partner? Put a 1 beside it. Put a 2 beside the second most important. Continue until you have numbered all 10 of them.

I want my marriage partner to be:

_____ honest	_____ understanding
_____ rich	_____ good looking
_____ funny	_____ happy
_____ kind	_____ faithful
_____ a hard worker	_____ unselfish

Is there anything else you would look for in a marriage partner? Explain.

_____

_____

_____

_____

_____

_____

B. Read about the following three couples. Think about which couple is most likely to stay happily married.

Tom and Jeannette met at the company where they both worked. Both were in their late 20's and both had dated a lot of other people before they met each other. Jeannette earned much more money than Tom because she had worked at the company longer than Tom had. They also had very different lifestyles. She had a nice apartment and went out often with her friends. Tom lived with three roommates and mainly played sports in his spare time. Another difference between them was religion. Tom was Christian and Jeannette was Jewish. But both of them felt that in so many ways they were alike that they could be happy together. They dated each for two years and then got married.

Cheryl and Marvin went to the same high school. Marvin was voted the most popular guy in his class. Cheryl was the captain of the girls' basketball team. Both were very good looking and had lots of friends. Everyone thought they were a perfect couple when they started dating each other. Then at the end of their junior year, Cheryl and Marvin found out they were expecting a baby, so both of them dropped out of school and got married. Marvin got a job as a waiter in a restaurant to support them, and Cheryl worked on her G.E.D. while waiting for the baby.

Ken and Diane started dating in 8th grade and planned to marry after school but both of them wanted to get jobs first. They went to trade schools in different states and were apart for two years. While they were apart they didn't date anyone else. After trade school Diane got a good job, but Ken could not find work. They decided to get married anyway and live on Diane's income while Ken looked for a job. Six months later he was hired, and both Ken and Diane had very good careers.

Which couple do you think will stay married and have a good marriage? Explain your answer.

C. Do you plan to marry someday? Why or why not?

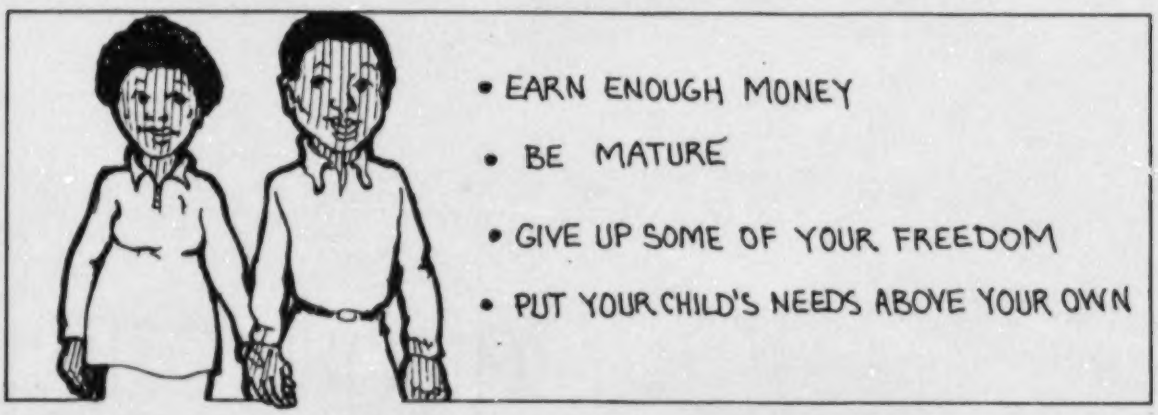
D. How do you think you'll know when you are ready for marriage?

E. Are you ready now? Why or why not?

What You Should Know About **Having a Family of Your Own**

If you plan to marry, you may want to have children of your own someday. Your relationship with your children is the fourth relationship to think about.

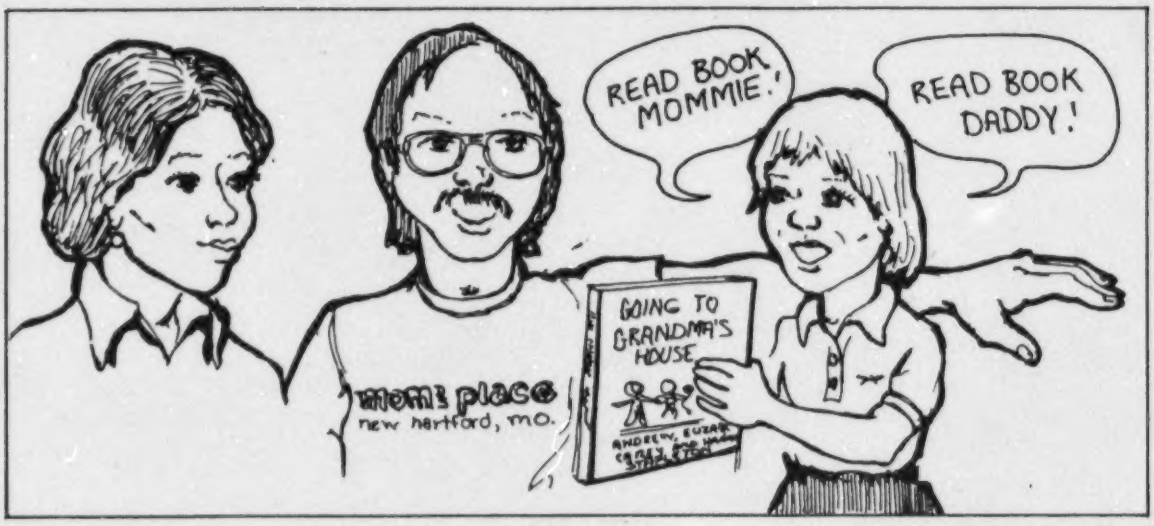
There are many more responsibilities with this relationship than with the others. You must earn enough money to support your children. You must be grown up enough to teach your children how to grow up right. You must be ready to give up some of your own freedom so you can spend the time it takes to care for children. And you will have to put their needs first, ahead of your own.



Unless you and your marriage partner are ready for all these responsibilities, you should wait before having children. Having a baby before you are really ready or without planning can be very difficult for you, your partner, and for the child.

When both you and your partner decide to start a family and are ready for it, the birth of a baby is very wonderful.

Much happiness comes from taking care of a child. Both you and your marriage partner will share in that happiness if both of you take part in raising your child. It is good for a child to spend time with each parent.



It is good for fathers and mothers to share in the work and the fun of being a parent. A father can dress his child or read a bedtime story. A mother can help her child take a bath or fly a kite.

There is less work and more fun to being a parent when both the father and the mother share the job.

What You Have Learned About **Having a Family of Your Own**

A. Below is a list of good reasons to wait until you are very sure you are ready to start a family. Put a number 1 beside the reason that you think is best. Put a 2 beside the next best reason. Continue numbering up to 6.

_____ I can work until I am earning enough to have a family.
_____ I can enjoy my freedom and do more things before I settle down.
_____ I will be mature enough to raise my children well.
_____ I can finish getting my education.
_____ I can build a good marriage with my partner before we have children.
_____ I can buy a car, house, furniture, or whatever I need before having children.

B. Circle T if the statement is true. Circle F if it is false.

T F 1. A steady income is not necessary before having a child.

T F 2. It is good for men to share in the work of caring for their children.

T F 3. More mature people make better parents.

T F 4. There are more responsibilities with having friends than with having children of your own.

T F 5. Most teenagers are ready to be good parents.

T F 6. Reading to your children helps them learn.

T F 7. It is good for children to have both parents taking part in their care.

Name: _____

Unit 16 Review

A. Put a T in front of the statements that are true:

_____ Even if your relationship with your family is good, you should still move out on your own after school.
_____ Your relationship with your family does not end when you leave home.
_____ Moving out and living on your own has both advantages and disadvantages.
_____ Parents of teenagers do not have a hard time with all the changes their children go through.
_____ As you get older, you become less dependent on your family.

B. Give 3 advantages of moving out of your family home to be on your own after you finish school.

1. _____

2. _____

3. _____

C. Give 3 advantages of staying in your family home after you finish school.

1. _____

2. _____

3. _____

D. Mark the following true or false.

T F 1. People judge you by your friends.

T F 2. Friends are not too important when you become an adult.

T F 3. Offering help is a way of showing friendship.

T F 4. It is important to choose friends carefully.

T F 5. You should let people come to you if you want their friendship.

E. Put a check beside the most important things to do before getting married.

_____ Find the most popular person around to marry.
_____ Wait until you are ready for marriage.
_____ Finish paying off your car.
_____ Ask your friends what they think of the person you want to marry.
_____ Know what to look for in a marriage partner.
_____ Marry for the right reasons.

F. Give your answer for each question:

1. Why should you have a steady income before having a child? _____
_____
_____

2. What freedoms do you give up by starting a family?
_____
_____
_____

3. What problems can come from having a child before you are really ready?
_____
_____
_____

My evaluation shows that I understand this unit and that I am ready to continue.

_____
Student Signature

The student has completed this unit to my satisfaction and is now ready to continue.

_____
Instructor Signature